

October 2018

Blairstown Elementary School Lunch

Student Lunch: \$2.85 Reduced Lunch: \$0.40 Adult Lunch: \$3.85

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

1	2	3	4	5
<ul style="list-style-type: none"> Turkey Corn Dog Nuggets Emoji Fries Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Cheeseburger on a Bun 	<ul style="list-style-type: none"> Grilled Ham & Cheese Melt on a Pretzel Bun Minestrone Soup Veggie Dippers Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> Pasta Day with Meat Sauce Garlic Breadstick Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Grilled Cheese Sandwich 	<ul style="list-style-type: none"> Chicken Fries Warm Biscuit Mashed Potatoes w/ Gravy Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> Frank's Pizza Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Beef Hot Dog on a Bun




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8	9	10	11	12
 Columbus day	<ul style="list-style-type: none"> Meatball Parm Hero Battered French Fries Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> Waffles Breakfast Sausages Maple Cinnamon Sweet Potato Tots Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Grilled Cheese Sandwich 	<ul style="list-style-type: none"> Beef Twin Tacos w/ Salsa Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> Frank's Pizza Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Beef Hot Dog on a Bun

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15	16	17	18	19
<ul style="list-style-type: none"> Chicken Fries Warm Biscuit Mashed Potatoes with Gravy Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Cheeseburger on a Bun 	<ul style="list-style-type: none"> Hamburger on a Bun or Cheeseburger on a Bun Tater Tots Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> Macaroni & Cheese Soft Pretzel Stick Steamed Broccoli Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Grilled Cheese Sandwich 	<ul style="list-style-type: none"> Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> Frank's Pizza Freshly Prepared Caesar Salad Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Beef Hot Dog on a Bun

22	23	24	25	26
<ul style="list-style-type: none"> Chicken Nuggets Confetti Rice Green Beans Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Cheeseburger on a Bun 	<ul style="list-style-type: none"> Twin Tacos with Taco Meat Shredded Cheddar Cheese, Lettuce & Tomatoes and Salsa Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Grilled Cheese Sandwich 	<ul style="list-style-type: none"> Pasta with Meatballs & Marinara Sauce Garlic Breadstick Freshly Prepared Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> Frank's Pizza Freshly Prepared Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Beef Hot Dog on a Bun

29	30	31
<ul style="list-style-type: none"> Lucky Tray Day Crispy Chicken BLT on a Roll Cucumber Coins Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Cheeseburger on a Bun 	<ul style="list-style-type: none"> All-Natural Beef Hot Dog on a Bun Oven Baked French Fries Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> Breakfast for Lunch Pancakes (2) Breakfast Sausages Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety Swap Out <ul style="list-style-type: none"> Grilled Cheese Sandwich

Daily Swap Outs: Bagel Bag, Cereal Bag, Chicken Caesar Salad

All Meals Served All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

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